

PROTECT. ASSIST. EDUCATE.



TLAP

TENNESSEE **LAWYERS ASSISTANCE** PROGRAM



UNDER PRESSURE



Ensuring Professionalism and
Ethical Choice in the Workplace

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CHALLENGES *of* PRACTICING LAW



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ABNORMAL METHODS *of* COPING

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BARRIERS *to* SEEKING HELP



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HOW TO SPOT A COLLEAGUE *in* DISTRESS

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QUESTION



PERSUADE



REFER



FOLLOW UP

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NEEDS *of* HUMAN BEINGS



WELLNESS INDUSTRY



The Wellness Industry Thrives on
the Fear of Death

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WELLNESS

Equals

GUILT

Equals

FAILURE

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WELLNESS
is
A PRIVILEGE



DEFINITION *of* WELLNESS

The quality or state of
being in good health.



LAWYERS BELIEVE LAP'S ARE FOR FAILURES

Stigma and Perception

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PEOPLE NEED

“well-less”

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LAURA'S PERSONAL STORY



WE ACTUALLY CAN CHOOSE TO BE HAPPY

**“The mind is its own place, and in
itself can make a heaven of hell,
a hell of heaven.”**

John Milton, *Paradise Lost*

A hand is shown holding a red heart-shaped cutout on the left side of the frame. The background is a soft-focus bokeh of green and yellow light, suggesting sunlight filtering through trees. A red bar is at the top of the image.

Gratitude is in the heart

A hand is shown holding a red heart-shaped cutout on the right side of the frame. The background is a soft-focus bokeh of green and yellow light, suggesting sunlight filtering through trees. A red bar is at the top of the image.

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**MINDFULNESS/
MEDIATION *is*
GRATITUDE
in ACTION**



“Giving creates
gratitude in others.
Giving is contagious.”

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DISCOVER TRUE SELF



F I N D

yourself



The Velveteen Rabbit

“You become. It takes a long time. That’s why it doesn’t happen often to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in your joints and very shabby. But these things don’t matter at all, because once you are Real you can’t be ugly, except to people who don’t understand.”

by Margery Williams

“We can’t always choose the
music life plays for us, but we can choose
how we dance to it!”





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